



MULTI-SERVICE SENIOR CENTER
40086 Paseo Padre Pkwy
Fremont CA 94538
www.fremont.gov

Ticket Information: 790-6610
Office: 790-6600





OCTOBER 2008 LUNCH MENU

Vegetarian Option Available by prior arrangement with Chef
Please speak to the Chef before 10:00 am for special dietary needs.
**To Go Tickets Must Be Deposited At The Large Kitchen
Window Immediately After Purchase**

LUNCH: 12:00 NOON
Members: \$4.00
Non Members: \$6.00



TICKETS SOLD:
FIRST-COME, FIRST SERVED
NO REFUNDS, NO EXCHANGES
Frozen Meals When Available:
Th, F- 8:30-9:30 am, 1-2 pm
Th & F – 3/ \$5 m & 3/ \$6 n-m

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Roasted Turkey ¹ Mashed Potatoes w/gravy Vegetable, salad, bread Dessert	Baked Snapper ² Rice Pilaf Vegetable, Salad, Bread Dessert	Beef Stroganoff over ³ Noodles, Vegetable Salad, Bread, Dessert
Liver and Onions ⁶ Mashed Potatoes w/gravy Vegetable, Salad Bread, Dessert	Chicken Cordon ⁷ Bleu, Pasta Vegetable, Bread Dessert	Pork Chops w/gravy ⁸ Steamed Red Potatoes Salad, Bread, Dessert	Sole (Egg Battered & ⁹ Grilled), Rice, Vegetable, Salad, Bread, Dessert	\$5 & \$7 Appetizer ¹⁰ Lamb Shanks Roasted Potatoes Vegetables, Salad, Bread Dessert
Taco Salad ¹³ Dessert	Beef Picadillo over ¹⁴ Eggplant Fresh Pita Bread, Salad, Dessert	\$5 & \$7 ¹⁵ Sauerbraten w/ Gingersnap gravy, Brat- wurst, Potato Pancakes, Rd Cabbage, non-alc Beer	Shrimp Fettucini ¹⁶ w/ Alfredo Sauce Garlic Bread, Veg, Salad Dessert	Turkey Wrap with ¹⁷ Roasted Vegetables Butternut Squash Soup Salad, Dessert
Crab Cakes ²⁰ Clam Chowder Oven-fried Potatoes Cole Slaw, Bread, Dessert	Chicken Adobo ²¹ Rice, Bok Choi w Shitake Mushrooms, Bread, Salad, Dessert	Meat Loaf ²² Mashed Potatoes w/gravy Vegetable, Salad Bread, Dessert	Grilled Tilapia (fish) ²³ w/Pineapple Salsa Rice, Vegetable, Salad, Bread, Dessert	Roasted Pork Ribs ²⁴ w/ BBQ sauce Potato Salad, Vegetable, Dessert
Spaghetti ²⁷ w/Meatballs Garlic Bread, Salad, Veg Dessert	Baked Chicken w ²⁸ Cheese, Salsa and Herb Sauce, Orzo (noodles) Salad, Bread, Dessert	Ham & Swiss Wrap ²⁹ (Warm) over Caesar Salad Vegetables, Dessert	\$5 & \$7 Appetizer ³⁰ Salmon Teriyaki Rice Pilaf Vegetable, Salad, Bread Dessert	Lamb Ghoulash ³¹ Cream of Pumpkin Soup Zombie Zucchini, Raised from the Dead Cornbread Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk.
Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.

Fremont Senior Center Dining Room Procedures

Thanks for joining us for lunch!

All our meals are cooked onsite with fresh ingredients by our Chefs Ron and Jeffery.

Lunch is served Monday through Friday at 12 noon. You can usually purchase a lunch ticket the same day you'd like to come, but we do sell out on occasion (especially special lunches). Please call the office at 510-790-6600 if you'd like to find out if a meal is still available. You can also purchase lunch tickets a couple of weeks in advance. You may also order "Early Bird" lunches by calling our office early in the day and picking up a meal "to go" between 12:15 and 3 pm. There is an additional cost of 50 cents for "to go" meals to cover the cost of containers.

When you come to lunch, please find a seat in the dining room. We recommend you arrive about ½ hour early, especially if you have a larger group that wants to sit together. Occasionally people have reserved places by putting their lunch ticket on a placemat. If you have difficulty finding a place to sit, please ask staff for assistance. If you have a group of seven people or more who want to sit together, you may call the office the morning you are coming and a table can be reserved.

Tables numbers are called for service. When your table is called, please go up to the serving area and present your lunch ticket. At that time you may also pick up a dessert. Please do not get dessert ahead of time.

After you have enjoyed your meal, please take your plate, silverware, and cup to the small kitchen window. Please scrape of excess food in blue garbage container, then place your dish on the counter. Cups go in designated cup racks for washing.

We hope you'll have an enjoyable dining experience at our center. If you have any questions or comments, please don't hesitate to speak with any staff member. Thanks!

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